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Annual report of the Allentown



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Fifteenth Annual Report of the Allentown State Hospital

BY
HENRY I. KLOPP, M. D., F. A. C. P., Superintendent

Reprinted from *The Hahnemannian Monthly*, November, 1927

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**COMMONWEALTH
OF
PENNSYLVANIA**

FIFTEENTH ANNUAL REPORT

OF THE ALLENTOWN STATE HOSPITAL (HOMEOPATHIC STATE HOSPITAL) TO THE HOMEOPATHIC MEDICAL SOCIETY OF THE STATE OF PENNSYLVANIA, SEPT. 20, 1927

HENRY I. KLOPP, M.D., F.A.C.P., *Superintendent*

THE Fifteenth Annual Report of the Allentown State Hospital to the Homeopathic Medical Society of the State of Pennsylvania, statistically covering the period from June 1, 1926, to May 31, 1927, is hereby respectfully submitted.

In this report we shall endeavor to emphasize:

A. The importance of prescribing the indicated single homeopathic remedy.

B. The increase of the percentage of patients on furlough.

C. The medical work and the importance of the individual attention to the patients' needs through various medical procedures and activities, without stressing any one factor as par excellence—thus avoiding becoming faddists or extremists.

D. Laboratory service.

E. Social service.

F. Mental clinics.

G. Movement of population.

H. Special appropriations.

HOMEOPATHIC DRUGS PRESCRIBED

In 1915 in our third annual report, we made a study of one year's prescriptions of single homeopathic remedies and reported that 149 such had been prescribed; that 2901 prescriptions had been made and approximately 1700 refills; we listed 50 remedies most frequently given—the frequency ranging from 235 to 10 prescriptions for each drug.

A statistical study of the single homeopathic remedies prescribed at the Allentown State Hospital from June 1, 1926, to May 31, 1927, shows the total number of different drugs as 175, the total number of 3787 prescriptions, and 9255 refills. In this report we are listing 15 drugs in the order of

their frequency, this ranging from 409 to 62 prescriptions for each drug. The total prescriptions for the fifteen drugs were 2307 or 61 per cent. of the grand total of all prescriptions. The drugs prescribed most frequently in the order of their frequency were the following:

1.	Bryonia	409
2.	Belladonna	349
3.	Gelsemium	289
4.	Nux Vomica	259
5.	Arsenicum Alb.	142
6.	Aconitum	123
7.	Rhus. Tox.	107
8.	Merc. Sol.	106
9.	Arnica	92
10.	Eupatorium	90
11.	Causticum	77
12.	Pulsatilla	73
13.	Viburnum	66
14.	Ferrum Phos.	65
15.	Phosphorus	62

It may be equally interesting to know the potencies prescribed, their order and frequency:

1.	Third Decimal	2598
2.	First Decimal	357
3.	Sixth Decimal	336
4.	Thirtieth Decimal	210
5.	Second Decimal	205
6.	Twelfth Decimal	78
7.	200th Decimal	3

An alphabetical list of the 175 remedies prescribed, with the potencies, their frequency and total prescriptions for each drug, is appended. The studies for 1915 and 1927 show that the number of remedies prescribed has increased by 40 and the prescriptions by 886. The average population ending May 31, 1915, was 969.14; for the year ending May 31, 1927, was 1323.44.

ALLENTOWN STATE HOSPITAL

PRESCRIPTION RECORD

A STATISTICAL STUDY OF THE HOMEOPATHIC REMEDIES PRESCRIBED FROM
JUNE 1, 1926 TO MAY 31, 1927

<i>Name of Drug</i>	1x	2x	3x	6x	12x	30x	200x	Tot.
Abies Nigra	1		8					9
Absinthium			2					2
Ac. Fluoricum						5		5
Ac. Nitricum			2			1		2
Ac. Phosphor.	13		5	2		1		23
Ac. Picricum			5					5
Aconitum Nap.	7	1	106	2		7		123
Aesculus Hipp.	1		7			1		9
Agaricus Musc.			9					9
Aloe	1		5					6
Allium Cepa		3	50					53
Alfalfa	1		2					3
Alumen			1	1				2
Alumina			1					1
Ammon. Benzoicum		1						1
Ammon. Carbonicum			5					5
Ammon. Muriatum			1	1				2
Anacardium			2					2
Ant. Crudum			1					1
Ant. Tartaricum		2	12			1		15
Apis Mellifica	1	1	27	5				34
Apocynum Andros	1		1					2
Argentum Nitricum			1					1
Arnica	5	4	79	1		3		92
Arsenicum Album		1	76	12	6	47		142
Arsenicum Iodum		10	34					44
Asclepias Tub.	1							44
Asafoetida	1	1	1					2
Asterias				1				1
Aurum Metallicum		3						3
Aurum Muriaticum			7		1	1		9
Aurum Tripollum			1					1
Bacillinum						1		1
Baptisia	1	2	6					9
Baryta Carbonica			2					2
Baryta Muriatica			1					1
Belladonna	11	4	251	36		37		349
Berberis Vulgaris			1					1
Bryonia	3	13	362	21		10		409
Bufo Rano	1		1	1				2
Cactus Grandifloris		3	5					9
Calcarea Carb.			8	14		2		24
Calcarea Fluoricum				1				1
Calc. Iodatatum			1					1
Calc. Phos.		1						1
Camphora	4	13	2	1				20
Cannabis Indicae	2		26			1		29
Cannabis Sativa	1		2			1		3
Cantharis			8	6		1		15
Capsicum	8	1	6					15
Carbo Veg.			16			3		19
Causticum			27	44	3	3		77
Cedron			1					1
Chamomilla			3					3

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JUNE 1, 1926 TO MAY 31, 1927

<i>Name of Drug</i>	1x	2x	3x	6x	12x	30x	200x	Tot.
Chelidonium	3		6		10			19
Chenopodium			1					1
Cincona Off.	6		1	1				8
Chininum Arsen.	3	45	4					52
Chinonanthus	1							1
Cicuta Maculata	6		4					10
Cimicifuga			22	1		2		25
Cina				1				1
Coca			2					2
Coffea Cruda			2					2
Colchicum			4					4
Colocynthis			59	1		1		61
Cratægus	11	2	3					16
Cubeba		1						1
Cuprum Arsen.			16					16
Cuprum Met.			1	1				2
Digitalis	8		1					9
Drosera	5	4	2					11
Dulcamara		1	1					2
Eryodictyon	3							3
Eschimacea	2	1	1					4
Eupatorium Per. F.	40	16	34					90
Euphrasia	1	1	7					9
Ferrum Met.			1	3				4
Ferrum Phos.		3	60	2				65
Ferrum Picrium				1				1
Gelsemium	51	18	213			7		289
Glonoine			1					1
Graphites						1		1
Grindelia	2							2
Hamamelis	1		4					5
Helleborus N.		1	1					2
Hepar Sulph.			39	1	1	3		44
Hydrastis	3	5	14			2		24
Hyoseyamus	1	1	4			3		9
Hyoscine Hydrobromide ..			4					4
Iberis	1							1
Ignatis			22					22
Iodum			2					2
Ipecacuanha			15	2				17
Iris Versicolor			2					2
Kali Bichromicu			6	4				10
Kali Bromatum			4					4
Kali Iodatum			13	1				14
Kali Phosphoricum			11	3				14
Kali Muriaticum			3					3
Kalmia		1	3					4
Lachesis				3		1		4
Lachanantes			1					1
Laurocersus	4							4
Ledum Palustra			7					7
Lobelia			2					2
Lycopodium	1		1	5	25	1		33
Lycopus			2	1				3

ALLENTOWN STATE HOSPITAL

PRESCRIPTION RECORD

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JUNE 1, 1926 TO MAY 31, 1927

<i>Name of Drug</i>	1x	2x	3x	6x	12x	30x	200x	Tot.
Magnesia Phos.		1	10					11
Mephites			18					18
Merc. Biniodatus		1	37	1				39
Merc. Corrosivus		1	1					2
Merc. Protiodatus	2	4	11					17
Merc. $\frac{3}{4}$ Solubilis			48	58				106
Merc. Vivus			51	4				55
Mezereum			1					1
Millefolium			2					2
Moschus			2	1				3
Myrica			3					3
Napthalene			1					1
Natrum Mur.				2	1	18		21
Natrum Phos.				2				2
Nux Moschata			3					3
Nux Vomica	40	9	203	4		3		259
Opium	2			1				3
Oxytropis			5					5
Phosphorus			10	23		6		62
Phytolacca		4	15					19
Plantago	1							1
Platina			1	3				4
Plumbum Met.			2					2
Podophyllum		3	46			2		51
Psorinum						4		4
Ptlea			1					1
Pulsatilla	10	2	58	2		1		73
Quebracho	5		3					8
Ranunculus B.		1	1					2
Rheum			1					1
Rhododendron			1					1
Rhus Tox.		1	103	2		1		107
Robinia	2							2
Rumex Crispus			1					1
Ruta Graviolens			1					1
Sabadilla		2	7					9
Sabina			1					1
Salix Nigra			1					1
Sambucus Nig.	1							1
Sanguinaria	1		38					39
Santoninum		1	4					5
Sarax	2							2
Scilla Mar.	6							6
Sepia					3			3
Silicea			3	10		2		15
Spigelia		2	11					13
Spongia			2					2
Staphisagria			2					2
Sticta Pulmonaria	2		28					30
Stramonium		1	5			6		1
Straom. Iod.			1					1
Strophanthus	2							2
Strichnin Ars.			3					3
Strichnin Phos.			9					9
Sulphur			4	33	5	9		51

ALLENTOWN STATE HOSPITAL

PRESCRIPTION RECORD

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JUNE 1, 1926 TO MAY 31, 1927

<i>Name of Drug</i>	1x	2x	3x	6x	12x	30x	200x	Tot.
Sumbul	1							1
Symphytum	1		1					2
Tarantula			1			1		2
Thuja	4		6	2		1	2	15
Tuberculinum						4	1	
Ustica Urens			2					2
Veratrum Album			9	1				10
Veratrum Viride	2		4	2		1		9
Viburnum	43	11	12					66
Wyethia	2	1	4					7
Zinicum Picricum			7					7
Zincum Metallicum			1			5		6
Grand Totals	357	205	2598	336	78	210	3	3787

PERCENTAGE OF FURLONGHS

A study of the increase in the number of furlough cases from year to year is illuminating. During the years 1915, 1916 and 1927, the percentage on furlough of the total number of patients in the hospital was 5 per cent. for each respective year. During 1918 it was 6 per cent.; for the hospital years 1919 to 1922, inclusive, it remained uniformly at 9 per cent. Since then there has been a gradual increase: for the hospital year ending May 31, 1923, it was 10 per cent.; for 1924, 14 per cent.; 1925, 17 per cent.; 1926, 19 per cent.; 1927, 22 per cent. The gradual increase in the percentage of furloughs from year to year must have some significance.

MEDICAL ACTIVITIES

We have emphasized in the past the non-use of either seclusion, mechanical or chemical restraint; that we do not permit the use of such drugs for the latter purpose as bromides, veronal, chloral and others of like nature, nor pharmaceutical drugs of various combinations. The question arises: Do we claim entire credit upon the prescribing of the single indicated homeopathic remedy? This can best be answered by the statement that we have become more and more convinced that the more we do for our patients from a medical standpoint with various activities upon individual basis, including nursing, the larger our results. We not only prescribe the single remedy, as our large list indicates, for mental symptoms alone, but for all

the ills that human flesh is heir to. Let the result of our work speak for itself. No, there is nothing the matter with homeopathy, but with the personnel of the profession. They are not honest with themselves, prescribing combination drugs and too lazy to study. We believe in doing everything possible to improve the general health of our patients and to make use of whatever ethical medical armamentarium has to offer.

In evidence of this we refer to the treatment of cases of neuro-syphilis, particularly general paresis, by chemotherapy with the various derivatives of mercury and arsenic, and the biological therapy with proteins, malaria, etc. The tendency in recent years has been towards the various forms of biological therapy. Consideration is being given by a member of the medical staff, Dr. Karl Langenstrass, to a treatment of neuro-syphilis by artificial re-infection of the patient with living cultures of *spirocheta pallida*. The contention is that the beneficial action of all biological methods in the treatment of neuro-syphilis is due to stimulation of the non-specific and especially of the specific immune body production of the patient.

In some few cases where no results have been obtained by chemotherapy, namely, injections of neoarsphenamine and mercury salicylate, withdrawal of blood and reinjection immediately into the muscles have brought about a temperature reaction similar to the reaction following the inoculation by injection with malarial organisms, and in like manner followed by both physical and mental improvement.

This also applies to surgery when indicated: to dentistry in like manner. We employ a full-time oral hygienist and two part-time dentists—one for the men patients, the other for the women.

There is no question in our minds that our *hydrotherapeutic* equipment and continuous-flowing neutral baths are therapeutic factors. Rest, fresh air and attention to the nutrition of the patient are necessary and important requirements.

With the improvement in the patients' physical and mental health, we know that *occupational therapy* plays an important part in diverting the individual's mind from himself into more normal channels and is a factor in establishing stability.

Exercise plays a definite part, particularly through *physical education* under the direction of a trained instructor,

through corrective gymnastics, calisthenics, drills, marches, games, volley and medicine ball, and particularly folk dances and rhythmic movements. In connection with occupational therapy and physical education, *diversional activities* have a definite place in our efforts to restore or improve every case entrusted into our care. For this purpose we employed within the past year the services of a full-time *musical director* who has charge of music and allied activities. This covers instruction in chorus work, quartet, duet, solo and community singing. Through this work programs are arranged and rendered for the benefit of the patients as well as the public. One program consisted of "Negro Spirituals," which was repeated twice for public audiences; another a Fourth of July program; each being combined with an entertainment of folk dances, rhythmic movements and drills. The activities also include dramatics, more particularly pageants, as well as recitations and readings.

Our *schools*, for juvenile, psychotic, defective, delinquent and problem children, under a well-trained and competent teacher, have passed beyond the experimental stage.

All of the therapies and activities mentioned apply equally in their care and are important adjunct factors in their treatment and rehabilitation for civil life.

To substantiate our introductory statement, we desire to equally emphasize the work of the *physiotherapy and roentgen departments*, under the direction of the Assistant Superintendent and Clinical Director, Dr. Harry F. Hoffman. This work plays a very important therapeutic factor in the treatment of our patients. The *treatments* within the hospital year consisted of:

Ultra Violet	4954
Phototherapy	70
High Frequency	303
Sinusoidal	93
Roentgen Treatments	86

The treatments covered 62 different types of physical, nervous and mental diseases, and 412 cases were treated. For diagnostic purposes, 319 roentgenograms, 55 dental films and 43 fluoroscopic examinations were made.

LABORATORY SERVICE

The laboratory staff's interests have been directed more toward clinical laboratory work rather than toward any special research problem. In addition to the routine Wassermann and urine examinations on all new patients, there have been added differential blood counts, typhoid and smallpox vaccinations, as well as Schick tests, and toxin-antitoxin treatments by the pathologist. The new tests done during the year were the Boltz test on spinal fluid, complement fixation tests for tuberculosis and Nicerean infection, and more complete chemical analysis of the blood. The total work covers 46 different types and a total of 8,140 examinations.

SOCIAL SERVICE

The social service department is an important organization in the making of a thorough investigation at the time a patient first enters the hospital, the re-education of the relatives and friends as well as of the patient during the time he is in the hospital; and a definite plan for the future suitable to his condition made before he is permitted to go out on furlough, not only helps a patient to make a better and more permanent adjustment, but also obviates much of the after-furlough supervision. This plan has been carried out not only with our adult patients, but particularly with our juvenile court cases and problem children. This requires a large number of visits for anamnestic data as well as interviews with and on behalf of our patients.

The follow-up work on furlough cases is equally important and very helpful. Those patients upon whom our methods have been carried out have made good adjustments.

The total number of *visits* made between June 1, 1926, and May 31, 1927, was 676.

MENTAL CLINICS

The increase of interest in the activities of the mental clinics has been gratifying as well as has been the cooperation of the four general hospitals and the local agency where the clinics are held. A large number of our furlough patients visit the clinics monthly, or, as we may direct, for one year, which covers the period they remain connected with the hospital, under

the Mental Health Act. Many of these patients report faithfully, in accordance with instructions, at these clinics, preferring for the most part to do so rather than to come to the State Hospital. The fear of the possibility that they may be kept is in this way obviated.

There are a large number of out-patients who come to the mental clinics for advice and treatment. Most of them, as in the past, are children. Many of these patients should have follow-up work; similar investigations, studies and home visits should be carried out as is done in our State Hospital social service work. We hope to add an assistant and in this way further increase our community service.

The total number of *visits* to the several clinics within the hospital year was 646. Of these, 341 were hospital patients on furlough.

MOVEMENT OF POPULATION

The movement of the patient population within the hospital year ended May 31, 1927, was as follows:

On June 1, 1926, there remained on the books of the institution 1574 patients—821 men and 753 women. Of this number 1302—665 men and 637 women—were in the hospital, and 272—156 men and 116 women—were on furlough. Within the hospital year there were admitted 522 cases—283 men and 239 women—making a total on the books during the year of 2096—1104 men and 992 women. Of the 522 admissions, 444 were first admissions, 71 readmissions, and 7 transfers from other mental hospitals. Of the total admissions, 51 were “voluntary”—without commitment.

The daily average number of all patients actually in the institution during the year was 1323.44, and 283.95 was the average number on furlough. In addition to this, 317 persons were given advice or treatment in our out-patient clinics during the year.

The total *discharges* from the books within the year numbered 460—270 men and 190 women. Of this number 96 were recorded as recovered, 102 as improved, 24 unimproved, 30 without psychosis, 79 were transferred to other hospitals for mental diseases and 129 *died* during the year. In addition to the 460 direct discharges, 312 patients appeared on our books as connected with the hospital although absent on fur-

lough; of the latter there was an increase of 40 within the year. At the end of the hospital year, May 31, 1927, there remained in the hospital 1324 patients—670 men and 654 women.

Our patient population, September 1, 1927, numbered 1339—674 men and 665 women; in addition, there were 326 on furlough.

Of the 444 first admissions, 22 were under 15 years of age; the next five-year period there were 28. From 20 to 70 years, the number admitted by age groups was: third decade, 79; fourth, 103; fifth, 95; sixth, 60; seventh, 31; and 70 years and over, 26. The fourth decade had the largest number of admissions.

Of the 129 *deaths*, 44 per cent. were above 60 years of age; 28 per cent. were 70 years and over; 17 per cent. were in the hospital less than one month; 34 per cent. less than four months. Of 49 per cent. of the deaths, 19 per cent. were due to general paresis; 15 per cent. to arteriosclerotic psychosis; 12 per cent. to senile psychosis. Taking into account that the deaths average 25 per cent. of the total admissions, 6 per cent. of the total under treatment and 10 per cent. of the daily average population, this fact reflects the high percentage of deaths.

Although our admission rate was the highest for any year since the opening of the hospital, unfortunately a large percentage—the same as previous years—belong to the unfavorable and particularly to the organic group. The senile and arteriosclerotic made up 11 per cent. of the admissions; epileptic and defective, 11 per cent.; general paresis, 9 per cent.; dementia praecox, 16 per cent.; in comparison with 22 per cent. of manic depressive psychoses; alcoholic psychoses, 10 per cent.; undiagnosed, 6 per cent. This type of admissions, which is based upon the total number treated, also reflects the percentage of recoveries.

SPECIAL APPROPRIATIONS

The 1927 session of the Legislature recognized the needs of the hospital by granting a special appropriation for new construction in the sum of \$200,000. This provides for two urgent necessities of which mention was made in our Four-

teenth (1926) Annual Report, namely: for the construction of nurses' home for women, and for buildings to constitute a children's unit. The latter will enable us to segregate juvenile and problem children under the age of sixteen years. In addition to the foregoing, there was also an appropriation of \$140,000 for elimination of hazardous conditions, relocation and replacement of electric feeder lines, purchase of an electric generator set, improvements to sewage disposal system, purchase of bakery equipment, replacement of barn building at farm colony No. 2, rental of rooms to house nurses, and for general repairs and replacements. The *total* special appropriation was \$340,000. We are grateful for this, the most liberal appropriation made to the Allentown State Hospital.

The *fifty million dollar bond issue* for urgent institutional needs having passed two sessions of the Legislature, we desire to solicit the Society's continued interest and eventful support at the November, 1928, general election, for this bond issue is most urgently needed.

Respectfully submitted,

HENRY I. KLOPP, M.D., F.A.C.P., D.Sc.,
Superintendent and Physician-in-Chief.



